



# THE 5-DAY PLANT POWERED REBOOT

Nutrition tips, meal plan & recipes to help you eat more  
veggies so you can boost your health,  
improve digestion, and feel amazing



# Hello there!

Pandemic times has been tough, in so many ways. But one of the less talked about challenges has been how it has disrupted our everyday wellness routines.

Before this all happened, chances are we had healthier habits. Maybe we had a more consistent exercise routine, or healthier eating patterns. Maybe we drank less alcohol, ate less sugar, or had healthier ways of managing stress.

Well, it looks like the current situation isn't changing anytime soon. So, it's up to us to figure out a way to thrive in spite of the challenges — and to focus on the things we can actually control.

I honor you for taking the time out of your life to prioritize your health, and to participate in this challenge. There's no better time than the present to focus on your own self-care, and to get back to your healthier habits.

For the next 5 days, I'm inviting you to live as "clean" as possible — in a way that feels right for you in your body, mind, and spirit.

And remember to join the **FREE private Facebook group** — it's the perfect place to get feedback, make plant powered friends, encourage each other, and ask questions.

Peace, Love and Broccoli,

A handwritten signature in cursive script that reads "Monica".

Monica Spoelstra Metz, Certified Health Coach  
Plant-Based Nutrition Certificate, T. Colin Campbell Center for Nutrition Studies and eCornell



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## BEFORE WE GET STARTED

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# **5 STEPS TO BECOMING MORE PLANT POWERED**

1

## **ADD IN THE GOOD STUFF**

Add in healthier foods to crowd out unhealthier choices.  
Incorporate veggies into all of your meals.  
Work on getting 50-75% of your plate to be veggies/fruit.

2

## **FOCUS ON NUTRIENT DENSITY**

Focus on foods that are high in antioxidants and fiber.  
If you stick with veggies, no need to count carbs/calories.  
Fill your plate with leafy greens, veggies, legumes, grains.

3

## **TRY NEW FOODS & PREPARATIONS**

Try sautéing veggies in broth or water.  
Try cashew based sauces instead of regular dairy cheese.  
Try roasting, grilling or air-frying veggies and tofu.

4

## **EXPLORE FLAVOR BOOSTERS**

Learn how to make healthy dressings and sauces.  
Spice up your dishes with garlic, cumin, turmeric, etc.  
Add flavor with fresh herbs, scallions, nuts and seeds.

5

## **MAKE PLANT POWERED FRIENDS**

Join my free Facebook group to meet new friends who are also trying to eat more veggies.  
Share plant powered recipes, tips and support.



# *Fill up on Nutrient Dense Foods*

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## **Leafy greens, cruciferous & other veggies**

Enjoy salad greens, as well as kale, spinach, chard, arugula, etc., as well as antioxidant-rich cruciferous vegetables such as broccoli, cauliflower and brussels sprouts. Colorful vegetables such as beets, carrots and sweet potatoes are high in beta carotene for healthy eyes, skin, and hair.



## **Fruit**

No need to feel guilty — fruit may be sweet, but it's also high in fiber and antioxidants. Berries and cherries are especially high in disease-fighting nutrients that also support healthy skin.



## **Beans and Legumes**

Heart healthy beans and legumes are a great source of protein, fiber, iron, and zinc. Bean consumption has been associated with a healthier weight, lower blood pressure, blood sugar stabilization, and reduced risk of cancer.



## **Whole grains, nuts and seeds**

Whole grains such as oats, brown rice, wild rice, and quinoa are high in fiber to support healthy digestion and support beneficial gut bacteria. Nuts and seeds, in small amounts, provide heart healthy fat, as well as extra protein.

# *Green Light Foods*

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Fresh fruit & berries

Leafy greens

Cruciferous vegetables

Carrots, beets and other vegetables

Beans and legumes

Whole grains

Nuts and seeds: 1/4 c. per day

Spices and fresh herbs

Tofu, tempeh, miso paste

Plant based milks: almond, soy,  
hemp, etc.





# *Master the Simple Meal*

## **Reinvent your definition of fast food**

Remember — when all else fails, these can be your go-to meals. For a super simple meal, go with beans, rice, sautéed greens, and some salsa. Or a baked potato bar!

1. **Veggie Sauté:** Chop whatever vegetables you have on hand. Drain some organic tofu and cut into cubes. Drizzle some olive oil into the pan and add the vegetables (optional: add some chopped onion or minced garlic). Sauté until crisp tender, then throw in the tofu or other protein. Stir gently and sauté until warmed through. Season with salt, pepper, gluten free tamari, gomasio (Japanese seasoning with sesame seeds, sea salt and seaweed), etc. Serve with sriracha or garlic chili paste if you like it spicy.

2. **Loaded Salad:** We eat tons of salads for dinner. That's why I always have a dressing or two in the fridge. Slice and chop whatever veggies you have on hand. Toss with the greens and dressing, and top with your favorite beans or some baked tofu or tempeh. Season with sea salt and pepper and add some avocado if you have it. For a heartier meal, add some roasted sweet potatoes, potatoes, rice, or quinoa.






## *Batch it out*

If you set aside time to plan your weekly meals (and the ingredients you'll need to make those meals), you will be far more successful than if you wing it.

We're all busy, and I find that most people don't have the time or energy to cook a from-scratch meal every night.

That's why I like to batch it out whenever possible. On the weekends, that means spending time prepping veggies, and cooking grains and beans that'll be used for weeknight dinner prep.

Want to know what my weekend meal prep looks like? Turn the page 

- ✓ **Thu/Fri:** plan meals for the week ahead
- ✓ **Saturday:** do your grocery shopping or ordering
- ✓ **Sunday:** spend 1-2 hours prepping veggies, etc.
- ✓ **During the week:** use your prepped veggies and pre-cooked grains and proteins to cut down on meal prep time.





# Weekend MEAL PREP Checklist

## **VEGGIES**

RINSE/CHOP VEGGIES

## **GREENS**

RINSE AND SPIN

## **SALAD DRESSING**

MAKE A VINAIGRETTE

## **SAUCES**

WHIP UP A SAUCE FOR THE WEEK

## **BEANS**

PRESSURE COOK A BATCH

## **GRAINS**

MAKE SOME BROWN RICE

## **PROTEINS**

ROAST OR AIR FRY TOFU, ETC.

## **DOUBLE BATCH**

LEFTOVERS = EASY MEAL



# Where will you get your *protein?*



Protein intake is essential for building muscle, repairing tissues, producing enzymes, and a whole host of other functions in the body.

But most people in the U.S. actually consume far more protein than our bodies require — and that can cause serious issues such as kidney strain and high cholesterol.

People who are following a plant-based diet — or a mostly plant-based diet — will inevitably be asked by friends and family: where will you get your protein?



Here's the deal: most people don't need to obsess about protein — simply start making fruits and vegetables (along with beans and whole grains) your #1 dietary priority.

Because if you do, you'll be getting the fiber, antioxidants, phytonutrients, compounds, vitamins, minerals, and natural water content you need to thrive, as well as balance and heal the body.

Making fruits and vegetables the majority of your plate — and working in some beans and grains every day — will actually deliver adequate protein as well.

Bottom line, if you're eating enough calories, you're getting enough protein.

Protein deficiency is extremely rare in the U.S., and typically only occurs when people are literally malnourished or starving.

If you want to read more about this, check out my blog post, **Why You Don't Need to Obsess About Protein.** <https://bit.ly/2Osaec1>



CLICK ON THE LINKS FOR RECIPES

## PLANT POWERED MEAL PLAN

### MONDAY

- Breakfast: [Easy Green Smoothie](#) or [PB&J Overnight Oats](#)
- Lunch: [Kale Salad with Maple Tahini Dressing and Crispy Chickpeas](#)
- Snack: Fresh berries or apple
- Dinner: [Coconut Curried Lentil Soup](#) or Super Simple Meal

### TUESDAY

- Breakfast: [Blueberry Beet Smoothie](#) or [PB&J Overnight Oats](#)
- Lunch: [Leftover Curried Lentil Soup](#) with side salad
- Snack: Fresh berries or apple
- Dinner: [Coconut Miso Soup](#) and Salad or Veggie/Tofu Saute and Rice

### WEDNESDAY

- Breakfast: [Easy Green Smoothie](#) or [PB&J Overnight Oats](#)
- Lunch: [Smashed Chickpea Salad](#) with baby greens/dressing
- Snack: Fresh berries or apple
- Dinner: [Buddha Bowls & Buffalo Sauce](#) or Super Simple Meal

### THURSDAY

- Breakfast: [Blueberry Beet Smoothie](#) or [PB&J Overnight Oats](#)
- Lunch: Dinner leftovers or large salad with veggies and nuts
- Snack: Fresh berries or apple
- Dinner: [Chickpea Stew with Turmeric](#) or Super Simple Meal

### FRIDAY

- Breakfast: [Easy Green Smoothie](#) or [Overnight Oats](#)
- Lunch: [Kale Salad with Maple Tahini Dressing and Crispy Chickpeas](#)
- Snack: Fresh berries or apple
- Dinner: [Taco Lettuce Wraps](#) or Super Simple Meal

### SATURDAY

- Breakfast: [Blueberry Beet Smoothie](#) or [PB&J Overnight Oats](#)
- Lunch: [Mediterranean Farro Salad](#)
- Snack: Fresh berries or apple
- Dinner: Pizza Night -- try a vegan pie from local pizzeria or request a veggie pizza made without cheese



## *Sample Recipe: Easy Green Smoothie*

### Ingredients

- 2 cups filtered water
- 2 handfuls spinach
- 1 handful romaine
- 1/4 c. hemp seeds
- 2 TB almond butter
- dash vanilla extract
- 1 banana, frozen/chunks
- optional: 2 pitted dates

### Instructions

Place ingredients into blender, adding frozen fruit and ice last.

Process until creamy and smooth. Add water a quarter-cup at a time if you want a thinner consistency.

Serve immediately or store some in fridge for later. Cheers!

**Prep Time: 3 Minutes**

**Serves: 2**



# Sample Recipe: Kale & Quinoa Salad

**Prep Time: 10 Minutes, plus time to marinate the kale**

**Serves: 4**

## Ingredients

- 1 bunch kale, stems removed
- 2 carrots grated or sliced into curls with a veggie peeler
- 2 tablespoon orange juice
- 1 tablespoon fresh lemon juice
- 3 tablespoons rice wine vinegar
- 1 teaspoon maple syrup
- 1/2 teaspoon grated ginger
- 2/3 cup walnut oil (or extra virgin olive oil)
- sea salt and pepper to taste
- 1 cup cooked quinoa
- 1 small red onion thinly sliced
- 1 cup dried blueberries or fresh blueberries
- 1 cup toasted walnuts



## Instructions

First, make the dressing. Add the orange juice, lemon juice, rice wine vinegar, ginger, and maple syrup to a small bowl. Whisk until ingredients are incorporated. Then, while continuing to whisk, stream in the walnut oil. Add salt and pepper to taste.

In a large mixing bowl, combine the chopped kale and carrots. Add dressing and toss the salad gently until the leaves are evenly coated with dressing. Cover and refrigerate at least 3-4 hours or overnight. This helps soften the kale and add flavor.

Right before serving, add the quinoa, red onion, walnuts, and blueberries. Toss gently and serve. Garnish with additional berries if desired.



## *Sample Recipe: Thai Curry Cauliflower Soup*

**Prep Time: 30-45 Minutes**

**Serves: 4**

### **Ingredients**

- 1 tablespoon avocado oil
- ½ medium onion, diced
- 2 cloves garlic, sliced thinly
- 1 tablespoon Thai red curry paste, or more to taste
- ½ teaspoon grated ginger
- 1 medium/large head of organic cauliflower, separated into florets
- 2 cups low sodium vegetable broth
- 1 can (15 oz) light coconut milk
- 1/2 teaspoon maple syrup
- sea salt and pepper to taste
- 2 teaspoons rice vinegar
- Lime wedges for serving
- Garnish: corn kernels, thinly sliced radish, or minced mint

### **Instructions**

Heat the oil in a medium pot over medium heat. Add the onion and sauté until translucent — about 5 minutes.

Add garlic, curry paste, and ginger. Stir so the garlic won't burn. Then add the broth, coconut milk, maple syrup, and cauliflower.

Bring to a boil, reduce the heat to low, and simmer for 10-15 minutes, or until the cauliflower is tender. Stir in the rice wine vinegar, and let cool for 5 minutes.

Working in batches, pour the soup into a blender. Remove the hole that's in the center of the blender lid so steam can escape during the blending process. Cover the lid with a towel (hot liquid tends to erupt), and blend on high.

Return the soup to the pot and warm gently to desired temperature. Season with salt and pepper to taste. Ladle into bowls and garnish with chopped herbs, if using.



## SHOPPING LIST

*Don't worry — you're not buying everything on this list!*

*Please check off or circle the items you'll need for the recipes you're preparing this week.*



MONICA SPOELSTRA METZ  
Nutrition + Lifestyle

### VEGETABLES

- |   |   |   |
|---|---|---|
| <input type="checkbox"/> Arugula                | <input type="checkbox"/> Celery                       | <input type="checkbox"/> Peas: snow, sugar          |
| <input type="checkbox"/> Asparagus              | <input type="checkbox"/> Cucumber                     | <input type="checkbox"/> Peppers: jalapeno, Serrano |
| <input type="checkbox"/> Beets (fresh/frozen)   | <input type="checkbox"/> Escarole (or kale)           | <input type="checkbox"/> Romaine hearts/lettuce     |
| <input type="checkbox"/> Bell Peppers           | <input type="checkbox"/> Fennel                       | <input type="checkbox"/> Snow peas                  |
| <input type="checkbox"/> Broccolini or Broccoli | <input type="checkbox"/> Garlic, Shallot              | <input type="checkbox"/> Spinach/Baby Spinach       |
| <input type="checkbox"/> Brussels Sprouts       | <input type="checkbox"/> Ginger root, fresh           | <input type="checkbox"/> Squash                     |
| <input type="checkbox"/> Cabbage (any variety)  | <input type="checkbox"/> Greens (spinach, kale, etc.) | <input type="checkbox"/> Tomatoes                   |
| <input type="checkbox"/> Carrots                | <input type="checkbox"/> Mushrooms (fresh + dried)    | <input type="checkbox"/> Zucchini                   |
| <input type="checkbox"/> Cauliflower            | <input type="checkbox"/> Lettuce and baby greens      | <input type="checkbox"/> _____                      |
| <input type="checkbox"/> Corn                   | <input type="checkbox"/> Onions/scallions             |   |

### FRUIT

- |  |   |
|--|---|
| <input type="checkbox"/> Avocado                                   | <input type="checkbox"/> Currants (dried)     |
| <input type="checkbox"/> Apple                                     | <input type="checkbox"/> Dates, medjool       |
| <input type="checkbox"/> Bananas                                   | <input type="checkbox"/> Mango (frozen)       |
| <input type="checkbox"/> Berries (strawberries, blueberries, etc.) | <input type="checkbox"/> Peaches (frozen)     |
| <input type="checkbox"/> Cherries or tart cherry juice             | <input type="checkbox"/> Pear                 |
| <input type="checkbox"/> Citrus: lemon, lime, kumquat              | <input type="checkbox"/> Pineapple (frozen)   |
| <input type="checkbox"/> Cranberries (frozen)                      | <input type="checkbox"/> Raspberries (frozen) |
|  | <input type="checkbox"/> _____                |

### SPICES

Aleppo or cayenne, bay leaf, cacao, cinnamon, chili powder, chipotle, cumin, curry powder, five-spice, garlic powder, hibiscus, Italian seasoning, lemon pepper blend, liquid smoke, nutmeg, oregano, red pepper flakes, sea salt, smoked paprika, sumac, turmeric

### PROTEIN

- ☐ Plant-based: non-GMO, organic soy tofu/tempeh; organic beans and lentils, etc.
- ☐ Eggs: ideally from pastured/organic hens
- ☐ Poultry (if you eat): ideally pastured and organic. Serving is 2-3 ounces.
- ☐ Seafood (if you eat): ideally wild and/or sustainably sourced. Please avoid using farmed fish and shrimp. Serving is 2-3 ounces.

### FATS + OILS

- |  |  |
|--|--|
| <input type="checkbox"/> Coconut milk, organic   | <input type="checkbox"/> Sesame Oil            |
| <input type="checkbox"/> Coconut oil, organic    | <input type="checkbox"/> Tahini (sesame paste) |
| <input type="checkbox"/> Ghee, organic           | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> Olives, kalamata        | <input type="checkbox"/> _____                 |
| <input type="checkbox"/> Olive oil, extra virgin | <input type="checkbox"/> _____                 |

### SPECIALTY ITEMS

- |   |
|---|
| <input type="checkbox"/> Coconut water      |
| <input type="checkbox"/> Coconut aminos     |
| <input type="checkbox"/> Gluten free bread  |
| <input type="checkbox"/> Mirin cooking wine |
| <input type="checkbox"/> Miso paste         |
| <input type="checkbox"/> Vegenaïse          |
| <input type="checkbox"/> Superfood powders  |
| <input type="checkbox"/> _____              |

### HERBS/MISC. PRODUCE

- ☐ Cilantro, mint, rosemary, \_\_\_\_\_

### CANNED/DRY GOODS

- |   |
|---|
| <input type="checkbox"/> Broth: gluten-free, low-sodium                                 |
| <input type="checkbox"/> Capers   |
| <input type="checkbox"/> Grains: quinoa, rice, oats                                     |
| <input type="checkbox"/> Maple syrup or honey   |
| <input type="checkbox"/> Mustard: dijon, whole grain                                    |
| <input type="checkbox"/> Nutritional yeast (bulk)                                       |
| <input type="checkbox"/> Pumpkin puree, unsweetened                                     |
| <input type="checkbox"/> Rao's Marinara Sauce   |
| <input type="checkbox"/> Roasted red peppers  |
| <input type="checkbox"/> Tamari (GF soy sauce)  |
| <input type="checkbox"/> Tomatoes, canned; sun dried                                    |
| <input type="checkbox"/> Tomato paste (in a tube)                                       |
| <input type="checkbox"/> Vanilla  |
| <input type="checkbox"/> Vinegars: apple cider, balsamic, champagne, rice, wine, sherry |
| <input type="checkbox"/> BBQ sauce  |
| <input type="checkbox"/> _____  |

### NUTS/SEEDS/MILKS

- |   |  |
|---|--|
| <input type="checkbox"/> Almonds/almond butter/milk | <input type="checkbox"/> Peanut butter         |
| <input type="checkbox"/> Chia seeds, whole          | <input type="checkbox"/> Pumpkin seeds/pepitas |
| <input type="checkbox"/> Flax seeds, ground         | <input type="checkbox"/> Sesame seeds          |
| <input type="checkbox"/> Hemp seeds, hulled         | <input type="checkbox"/> Walnuts               |
| <input type="checkbox"/> Cashews, raw               | <input type="checkbox"/> Other nuts and seeds  |



## *Hungry for more?*

I hope the Plant Powered Starter Kit has been helpful for you, and that it has provided some ideas and inspiration for transitioning to a more plant based diet. If you'd like to take a deeper dive, check out my membership program **More Veggies Less Meat**. It features monthly cooking videos, nutrition tips, live Q&A, recipes, and more.

Enrollment is only open a few times a year, so keep an eye out on your email so you'll know when registration opens. You can find out more at [monicametz.com/membership](https://monicametz.com/membership).

Wishing you peace, love and broccoli,

*Monica*

